

"Be strong and courageous. Do not be afraid; Do not be discouraged; for the Lord will be with you wherever you go— Joshua 1:9



**HATCHLINGS**

Early Learning Centre

NOVEMBER  
2023

## ON *this* MONTH

### IN THE SERVICE

Staff child protection Training -----	13
Kindy Information Session-----	14

### AROUND THE COUNTRY

Outdoor Classroom -----	2
Remembrance Day -----	11
Food Safety Week -----	11-18
World Kindness Day -----	13
National Recycling Week -----	13-19

### NEXT MONTH

Centre Christmas Party & Concert!!!-----	15
530pm to 7:00pm at Citipoint Church – more info coming.	

*Feedback*   
is always welcome

Please don't hesitate to contact us (07) 5499 3466  
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[u](#)

## Holidays, Bookings & Celebrations

As we near the end of 2023, we are planning for the new year. We would like your feedback on how we have gone this year and any suggestions on what you would like to see in the coming year. We will be sending out a survey in the coming weeks or you can just contact us via our email.

Please remember to let us know if you will not be in over the Christmas break – we will be open this year every day except for the Public Holidays.

This end of the year is always full of emotions as we are happy to see our little ones growing up so fast but then having to say goodbye to our Kindy children or families who are moving away is always sad. We are so proud of how far all the children have come throughout 2023! If you are finishing up at any time we ask that you let us know 4 weeks in advance as we work to ensure all our staff get a break and we know how many children we are planning for.

We have limited vacancies left across the centre for the new year and would like to encourage families to invite your friends along if they are looking for somewhere in the new year. We would love to have them join our family!



### NATIONAL RECYCLING WEEK – NOVEMBER 13-19

This year, National Recycling Week explores the idea that *'What goes around comes around'*. This week the focus is on food waste and packaging and raising awareness of the many ways people can reduce waste

and recycle right. There are many events happening during 'National Recycling Week', find one near you and improve what you do at home to look after our planet. [Find out more here](#)

### WORLD KINDNESS DAY – NOVEMBER 13

The purpose of World Kindness Day is to look beyond ourselves, beyond the boundaries of our country, beyond our culture, our race, our religion; and realise we are citizens of the world. It could be said that the slogan for World Kindness Day might well be "Healing the World!" – and in doing so, there is the possibility of creating something so intrinsically good and wholesome, that the beneficial effects could be virtually endless. [Find out more here.](#)



## BAKED MEATBALLS & SIMPLE SAUCE

PREP 10 mins | COOK 35 mins | SERVES 4

### INGREDIENTS

500 grams beef mince  
1 cup fresh bread crumbs  
2 spring onions, thinly sliced  
1 tablespoon dried basil  
1 garlic clove, minced  
zest of a lemon  
1 egg  
700 ml passata  
400-gram tin diced tomatoes  
1 tablespoon balsamic vinegar  
1 tablespoon sugar  
500 grams short pasta, fusilli, penne or rigatoni  
grated parmesan cheese, to serve

### METHOD

Preheat oven to 180 degrees. Place mince, breadcrumbs, spring onion, dried basil, garlic, lemon zest and egg in a large bowl and mix to combine. Take heaped tablespoon amounts of the mince and with wet clean hands shape into balls. Set aside.

Pour the passata, diced tomatoes, balsamic vinegar and sugar into a large oven proof casserole dish and mix to combine. Add meatballs, cover and bake for 15 minutes. Uncover and bake for a further 20 minutes or until the meatballs are cooked through.

Meanwhile, bring a large pot of water to the boil, add pasta and cook according to packet instructions. Drain and set aside. Add the pasta to the cooked meatballs and mix to combine. Serve with a little grated parmesan cheese. Enjoy x

PLAY I SPY TOGETHER

Recipe and image from [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)



### [boobtofood.com](http://boobtofood.com) LUKA MCCABE

*Is made up of holistic nutritionists, naturopaths, birth & parenting educators, occupational therapists, dietitians, midwives, nurses – and above all, mothers with a mission to inspire, inform, educate, and nourish your child from Boob to Food and beyond. On the blog you will find a virtual pantry of information for conscientious parents seeking evidence-based insights into the world of weaning, child nutrition, and family health.*

### [infokids.com.au](http://infokids.com.au)

*infoKids is one of the biggest Australian portals devoted to kid's activities and family-friendly places. InfoKids.com.au aims at empowering parents across Australia with necessary information and useful recommendations on everything kids-related from after-school activities and exciting playgrounds, to closest farm stay options and cafés where families can enjoy their precious time together.*

### [childmags.com.au](http://childmags.com.au) THE REAL GUIDE FOR PARENTS

*Childmags.com.au is every child's champion featuring informative and well research articles to help with the parenting journey every step of the way. The site covers a huge range of subjects from celebrations to education. Find recipes, instructional activities and inspiring stories. Find insight to anything and everything kid and family all in the one spot.*

## HEALTH & SAFETY: Heavy work activities

Did you know the important role that heavy work activities play in our ability to learn, focus, attend, and participate in everyday tasks? It's true. We all need calming and organizing sensory input in the form of heavy work tasks that provide proprioceptive input through the muscles and joints. Here, we'll cover what heavy work is, when heavy work is needed, and specific heavy work strategies that kids of all ages can do at home, in the classroom, or in their therapy session. Heavy work is a powerful support for organizing input in self-regulation.

### HEAVY WORK ACTIVITIES

In a different world children would be ready to learn at all times. In an alternate universe children would not have temper tantrums or meltdowns in shopping centres. In another time and place all of us would be well-regulated all day and all night!

But that's not how things work and anyone spending time with children will know that there are moments when they are out-of-sync and not quite with the program. We all experience dysregulation at one point or another! And that's all part of their journey of growing, developing and learning. You will be happy to know that when you are faced with these rather challenging times there is a powerful tool you can use to help children become more regulated...heavy work! You can rely on heavy work to help you out to organise a dysregulated nervous system.

### WHAT IS HEAVY WORK?

Heavy work is activity that requires effort from our muscles and these tasks usually involve activation of the muscles and joints of the body through the proprioceptive system by movements such as pushing, pulling or lifting. The movement activities create resistance input to the muscles and this feedback is ultimately what calms and regulates the sensory system. The sensory system that is activated during heavy work activities is called the proprioceptive system. The proprioceptive system receives messages when the muscles move to do work. These messages flow back and forth to the brain. The brain decides how much force a muscle should use based on the task at hand.

This allows children to use the correct amount of force when they need to hold something gently or when they need to lift something heavy. It's a complex system that is constantly adjusting to make sure the brain is getting the right

information from all the joints and muscles in the body and as well as making sure the muscle output is appropriate to the task. This concept is also known as body awareness and allows us to know where our body is in space and how to move our body. The take away message about the proprioceptive system is that it is a universal and powerful regulator. By working with the proprioceptive system, you can even out disturbances in other sensory systems. You can increase energy levels if you need to and you can reduce high energy levels to help children reach a calm, comfortable space to interact with the world.

### WHEN TO DO HEAVY WORK

The beauty of heavy work is that they are really easy to incorporate at home. Adding heavy work to a child's daily routine will contribute to the development of their sensory processing. Children will also gain valuable tools that they can use when they feel that they need to regulate themselves. How often you use heavy work input will depend on the individual child. Be guided by the child's enjoyment and response to the activity that you introduce.

Consider including a heavy work activity in the morning before going to pre-school and again in the afternoon when children arrive home. Heavy work can also be incorporated into bedtime routines to help the sensory system feel calm and restful.

### HEAVY WORK MAY INCLUDE

Pushing, pulling, lifting, carrying, chewing, jumping, carrying, squeezing, climbing, pinching, brushing- any other actions that use the muscles and joints with weight of the body or object.

Kreps, Sandy. (2021). *Heavy Work Activities*. Retrieved [theottoolbox.com](http://theottoolbox.com)



This is a small part of a large article to read in full and for additional advice follow the QR code link.



## READ THE LABELS

Sustainability is the idea that we all must look after the environment so there will be enough resources left for future generations. With nearly 8 billion people living on Earth, that means being mindful of what we do, careful with how we live and doing our bit to help. Doing small things can make a big difference.

- Next time you go grocery shopping try to only purchase Australian produced fruit and vegetables.
- Look for products with sound eco credentials.
- Purchase products with minimal packaging
- And of course, remember your bags

*For more daily sustainable tips and tricks follow this link*



# Christian Curriculum



## From the Kindy Room



### School Transition Statements

Miss Jen has completed all the children's transition statements for the school to access on the QCCA portal. Please let us know if you have any questions regarding your child's report.

Over the expanse of the year, we have been learning about the Fruits of the Spirit. What is this?

The bible talks in Galatians 5:22-23 about nine specific behaviours/ characteristics that we can live by when we have the Holy spirit working in our lives. They are love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control. The children have taken part in some fun activities throughout the year that highlight each one of these areas and how it might look in our lives. We have learnt some new songs and the children have received some awards throughout the year for showing these areas in their everyday interactions with their peers.

During November and December, we will be finishing up our Fruits of the Spirit topic and will learn about the Birth of Jesus at Christmas time.

We are looking forward to learning some songs to present at our end of year Christmas Party concert on the 15<sup>th</sup> of December – more info coming.

### Kindy Program

Kindy enjoyed their community walk last week – they made some beautiful pictures and delivered them to our neighbours to thank them for being in our community.

As the year gets closer to the end, we continue to embrace many activities that are preparing us for school during our play-based learning cycles. The children have been doing activities such as - letter of the day, practicing their name writing, exploring numeracy through games, songs, and activities.

We are also encouraging the children's self-help skills and looking after their belongings ready for the school environment.